

# **Lackland Air Force Base**

## **Basic Military Training**

### **What to Expect**

From the moment you arrive, you will begin the process of becoming an Airman in the world's greatest Air Force. The training will be intense and you may find it the most demanding 8 1/2 weeks of your life, as well as the most rewarding. Preparing physically in advance and coming with an open mind will play a big part in your success.

As far as climate goes, Lackland Air Force Base is located in San Antonio, Texas, which may be a drastic change for those not familiar with heat and humidity. However, basic training is designed to help you acclimate.

During the last week of training, graduation week, you and your family will have an opportunity to experience the exciting attractions San Antonio has to offer.

### **Introduction to BMT**

Welcome to Basic Military Training located in Lackland AFB, TX. Below are highlights of training activities which occur each week.

#### **Processing Week**

- ➡ Initial Physical Fitness Evaluation
- ➡ Immunizations
- ➡ Drug Testing
- ➡ Uniform Issue
- ➡ Haircuts
- ➡ Uniform Code of Military Justice

#### **First Week of Training**

- ➡ Weapons Issue
- ➡ M-16 Breakdown & Reassembly
- ➡ First Week Briefing
- ➡ Records/ID Processing
- ➡ Medical & Dental Processing
- ➡ Dress & Appearance I
- ➡ Rank Recognition
- ➡ Law of Armed Conflict
- ➡ Human Relations
- ➡ Nutrition and Fitness
- ➡ Rendering Courtesies

#### **Second Week of Training**

- ➡ Integrated Defense



- ⇒ Weapons Cleaning
- ⇒ Career Guidance
- ⇒ Recruit Living Area Progress Check

### **Third Week of Training**

- ⇒ Job Classification Interviews
- ⇒ Self Aid and Buddy Care
- ⇒ Drill Precision

### **Fourth Week of Training**

- ⇒ Haircuts
- ⇒ 2nd Uniform Issue
- ⇒ BMT Obstacle Course
- ⇒ Chemical, Biological, Nuclear Defense Training
- ⇒ Improvised Explosive Device Familiarization
- ⇒ Anti-Terrorism Training
- ⇒ Dress and Appearance II
- ⇒ Weapons Evaluation

### **Fifth Week of Training**

- ⇒ CPR Familiarization
- ⇒ Build TEMPER Tents
- ⇒ M16 Weapon Live Fire
- ⇒ Warrior Role
- ⇒ Joint Warfare
- ⇒ Public Relations and Media
- ⇒ Basic Leadership
- ⇒ Security Programs
- ⇒ Mental Preparation for Combat
- ⇒ Basic Situational Awareness
- ⇒ Pugil Stick Fighting
- ⇒ Introduction to the Code of Conduct
- ⇒ AEF Predeployment Preparation
- ⇒ AEF Assignment Notification

### **Sixth Week of Training**

- ⇒ Basic Expeditionary Airmen Skills Training (BEAST) Exercise
- ⇒ Deployment Briefing
- ⇒ Equipment Issue
- ⇒ Camp Set/Up
- ⇒ Field Training Exercises

### **Seventh Week of Training**

- ⇒ Final Physical Fitness Evaluation
- ⇒ Combat Stress Recovery
- ⇒ Financial Management
- ⇒ Sexual Assault Prevention and Response
- ⇒ Career Progression & Quality Force
- ⇒ Joint Ethics

- ➡ Military Citizenship
- ➡ Air Force History
- ➡ Air Force Organization
- ➡ Healthy Lifestyles & Alcohol Drug Awareness Prev. & Treatment Training
- ➡ Environmental Awareness
- ➡ M9 Weapon Live Fire

### **Eighth Week of Training**

- ➡ Written Test
- ➡ Airmanship and Core Values Briefing
- ➡ Technical School Briefing
- ➡ Haircuts
- ➡ Airman's Run
- ➡ Airman's Coin Ceremony
- ➡ Retreat
- ➡ Honor Graduate Ceremony
- ➡ Parade/Graduation
- ➡ Open House
- ➡ Town Pass

**Military Training Goals:** Basic Military Training is designed to teach you the critical importance of discipline, teamwork and foundational knowledge you'll need to succeed as an Airman. It will prepare you physically as a warrior in the profession of arms. Successful completion earns you the privilege of proudly wearing the blue uniform of the most powerful Air Force in the world and the honor of protecting our Nation's freedoms.

**Fitness Incentives:** Those who excel in physical training can earn awards:

- ➡ Warhawk Certificate for Extraordinary Fitness/Warhawk t-shirt
- ➡ Thunderbolt Certificate for Fitness Excellence
- ➡ An extra town pass during graduation weekend
- ➡ Recognition as most physically fit Airman
- ➡ Opportunity to earn flight streamers for fitness
- ➡ Recognition as the top class graduate

### **Exercise Information**

How hard is the fitness program? It's rigorous and challenging. The program includes 1-one-hour daily fitness workouts, 6 days a week. Three days are dedicated to a strength building regimen (pushups, crunches, leg lifts, etc.) and three days reserved for aerobic training (running and sprinting). You need to prepare before you arrive.

How will you be evaluated? The first weekend you arrive, you'll have an initial physical fitness evaluation--on pushups, sit-ups, and a timed 1.5-mile run. Your weekly progress will be monitored and you'll need to pass your final evaluation in order to progress.

Fitness training will not end with your final evaluation. You'll need to run a 1 1/2-mile motivational "Airman's Run" in the final week of training. (See the [Get in Shape for Basic Training](#) document for specific guidance on standards and how to prepare.)

## **Military Instruction**

You'll be taught foundational Air Force information such as core values, customs and courtesies, and basic policies and procedures.

- ➡ **AF Core Values** - Integrity first, service before self, and excellence in all we do--the values that guide the conduct of Airmen, both on and off duty. (See the USAF's ["Little Blue Book"](#) on Core Values.)
- ➡ **Flight and Individual Drill (Marching)** - Drill instills discipline and reinforces the importance of responding to orders without hesitation. You will be evaluated individually and as a group.
- ➡ **Recruit Living Area Evaluations (Inspections)** - After being taught the expected standards, your instructor will evaluate your living area to ensure you work as a team and follow instructions.

**Warskills and Military Studies Classes:** Part of your training will include classroom instruction with some application. You'll learn a variety of subjects and will need to complete a written exam in order to progress in training. A portion of these lessons follows:

- ➡ Dress & Appearance I
- ➡ Rank Recognition
- ➡ Law of Armed Conflict
- ➡ Human Relations
- ➡ Nutrition and Fitness
- ➡ Rendering Courtesies
- ➡ Human Relations
- ➡ Air Force History
- ➡ Self Aid and Buddy Care
- ➡ Anti-Terrorism Training
- ➡ Dress and Appearance II
- ➡ CPR Familiarization
- ➡ Warrior Role
- ➡ Joint Warfare
- ➡ Public Relations and Media
- ➡ Basic Leadership
- ➡ Security Programs
- ➡ Mental Preparation for Combat
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- ➡ Combat Stress Recovery
- ➡ Financial Management
- ➡ Sexual Assault Prevention and Response
- ➡ Career Progression & Quality Force
- ➡ Joint Ethics
- ➡ Military Citizenship
- ➡ Air Force Organization
- ➡ Healthy Lifestyles & Alcohol Drug Awareness Prev. & Treatment Training

## ☞ Environmental Awareness

### **Basic Expeditionary Airman Skills Training (BEAST) Deployment**

You'll spend an entire week in a field environment where you'll learn how to survive and thrive as a warrior Airman. Some of the things you'll do are:

- ☞ Deploy to the BEAST Encampment and live in the field environment for five days
- ☞ Perform refresher training on all warskills
- ☞ Set up command and control and medical casualty collection tents
- ☞ Build defensive fighting (DFP) positions and entry control point (ECP)
- ☞ Assigned to security teams to the DFPs and ECP to prevent unauthorized entry
- ☞ Successfully maneuver through an IED trail and accomplish the Tactical Drill Mission
- ☞ Build a Bare Base with TEMPER Tents and DFPs
- ☞ React to a series of escalating exercises over a three day period
  - Perform Post Attack Reconnaissance (PAR) Sweeps
  - Perform Self Aid Buddy Care
  - Report damage, casualty, unexploded ordinance and chemical presence to the Unit Control Center
  - React to Oppositional Force Scenarios
- ☞ Tear down the Bare Base and BEAST Encampment
- ☞ Depart for Recruit Housing and Training Areas at conclusion of exercise

### **Chapel**

In addition to your physical and mental training, you will have opportunities for spiritual development. Air Force leaders recognize the necessity of developing spiritually fit warriors. This is evident by the dynamic and diverse chapel program. The BMT Chapel mission is singular: "Promote the Free Exercise of Religion for all Basic Military Training Personnel" and our vision is clear: "Faithfully creating a Dynamic Atmosphere for Worship, Spiritual Growth and Pastoral Care."

We will offer a host of worship, religious education and counseling opportunities; which presently include, but are not limited to, the following faith traditions:

- ☞ Protestant (e.g. Baptist, Methodist, Presbyterian, etc.)
- ☞ Liturgical Protestant (e.g. Episcopal, Lutheran, Congregational, etc.)
- ☞ Catholic
- ☞ Jewish
- ☞ Eastern Orthodox
- ☞ Muslim
- ☞ Pentecostal
- ☞ Seventh-Day Adventist
- ☞ Church of Christ
- ☞ Christian Science
- ☞ Latter-day Saints
- ☞ Eckankar
- ☞ Wicca
- ☞ Baha'i
- ☞ Buddhist
- ☞ Hindu



Although BMT worship experiences are designed specifically for trainees, on your last BMT weekend your family and friends are welcome to attend with you.

The members of the Air Force Chaplain Service stand ready to assist you in any way we can. If you have any questions, please call the BMT Chapel Staff at 210-671-2911.

## Graduation

By the eighth and final week of training, you will have earned the privilege of wearing your blue uniform and will stand out as a proud member of the United States Air Force. Graduation week includes receiving your Airman's Coins, practicing for retreat and parade, attending briefings to prepare you for technical training, participating in the Airman's Run, and enjoying base liberty and town pass with your friends and family.

**Airman's Coin/Retreat Ceremony:** On Thursday of graduation week, you'll earn the right to be called "Airman" and will receive your "Airman's Coin" at the Airman's Coin Ceremony--one of the most significant events in the life of any Airman.



You'll then perform Retreat--a time-honored tradition that signifies the end of the duty day and allows us to pay respect to the US Flag. The flag will be lowered, ceremoniously folded and honored by the week's graduating Airmen. Family and friends are welcome to attend!

**Parade Ceremony:** This is by far the most memorable and emotional moment in basic training. Graduating Airmen march in parade viewed by family, friends and distinguished visitors. The ceremony ends with Airmen reciting the oath of enlistment. Immediately following graduation, Airmen are released for base liberty to take their visitors on an open house visit to their dormitories and to spend the rest of the day with them.



## Liberty

- **Religious Services:** On Sunday following graduation, you may attend religious services with family and friends, followed by more base liberty.
- **Base Liberty:** As you get closer to graduating, you'll be afforded some well-deserved time to relax with friends and family visiting the unique attractions on Lackland AFB.

🌀 **Town Pass:** On Friday afternoon and all day Saturday following graduation, you'll be able to visit the local San Antonio area.

**Awards:** Your flight will be evaluated on almost everything you learn from dormitory inspections to fitness results. The very best flights will be awarded the title of "honor flight." It takes teamwork, dedication and a lot of hard work to get this award!

Individuals are also recognized for their excellence as an "Honor Graduate"--a privilege reserved only for the top 10% of all trainees. The Commander of Basic Military Training will congratulate you in a special ceremony attended by families and friends. You can also earn an additional town pass for being the most physically fit Airman.



In addition to the Honor Graduate Ribbon, Airmen can earn other ribbons such as the Small Arms Marksmanship Ribbon for superior performance on the rifle range. All graduates are awarded the Air Force Training Ribbon upon completion of Basic Military Training. The National Defense Service Medal is awarded for honorable active military service as a member of the Armed Forces of the United States.

